



# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL  
<http://www.ksc.nasa.gov/groups/few/>

MARCH 2005

## SPACE COAST CHAPTER, FEW 2004 – 2005 Officers and Committees

### President

Finance	Dawn Partlow
Newsletter Editor	Johanna Velasquez
NTP/RTP Planners	Muzette Fiander
Nominations	Sandy Eliason
Parliamentarian	Karin Biega
	Connie Dobrin
	Muzette Fiander
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Seminar	Sandy Eliason
	Vickie Hall
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Community Outreach	Aneta Ott
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Membership	Clara Anderson
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### Secretary

Scholarships	Marlene Satterthwaite
Legislative	Betty Valentine
Historian	Marie Argana
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Nat'l Treasurer	Becky Fasulo
Nat'l Bylaws & Resolutions	Clara Anderson
Regional Awards	Karin Biega
Regional Nominations/Elections	Barbara Powell
Regional Secretary	Vickie Hall
	Jean Grenville

## Annual Training Program

*Vickie Hall*

Well the big days have come and gone. We had two great days of training, some of us ate more than normal, most of us met some new friends and got to visit with some old friends and I believe one or two of us even gained a slight wrinkle or a new gray hair.

I'm sure there were some negative things that occurred during the conference, I just don't know what they were because all I've heard are very positive results. We had a great planning team and many more FEW sisters and volunteers that helped us out during the two-day event. All I can say is THANKS AND MORE THANKS, especially to Barbara Powell and Sandy Eliason, Ellie Miller, Clara Anderson, Jean Grenville, Karin Biega, Sharon White, Marlene Satterthwaite and Muzette Fiander (the m&m's), TJ Piastuch, Betty Valentine, Becky Fasulo, Cindy Gooden, Gina O'Shaughnessy, Arden Belt, Lee Furis, and Aneta Ott for helping me put this training program together. I look forward to working with you all on future FEW projects.

## WELCOME TO NEW MEMBERS

*Ellie Miller*

I would like to take this opportunity to personally thank all of you who joined our great organization during the annual training program.

Welcome new members:

Michelle Burch  
Sherry Dittmer  
Selyna Hopkins  
Jamie Piastuch

Peggy Seiler  
Patti Sunderland

FEW has much to offer its members starting with our informative monthly meeting. At our monthly meeting we have a speaker who presents one of the latest issues of the day and provides insight into what is happening in our world.

FEW presents many opportunities for both personal and professional development and growth. Our group is composed of many different types of persons, all of whom are willing to lend a hand to help a fellow FEW sister. Our Community outreach group provides many opportunities to contribute to happenings in your area and in areas that affect all women.

We look forward to seeing you at our monthly meeting and warmly welcome you to FEW!



### **SUNSHINE**

*Vivian Andreasson*

Celebrating birthdays in March:

Clara Anderson	March 16
Johanna Velasquez	March 18
Jean Grenville	March 29

**Happy Birthday!**

If you notice anyone missing please email Muzette Fiander at [Muzette.B.Fiander@nasa.gov](mailto:Muzette.B.Fiander@nasa.gov)

### **National Training Program (NTP) Update**

*Submitted by Vickie Hall*

Make plans now to attend the 36<sup>th</sup> annual FEW National Training Program, July 18-22, 2005 in Reno, NV. Information is posted on the FEW website, [www.few.org](http://www.few.org). The NTP is designed for all public, private, and Federal employees, including military personnel, in a myriad of positions and at all managerial and supervisory

levels and is consistent with OPM training. Online registration begins March 15, 2005. Lodging is available at the Reno Hilton for \$69 for a single or double room.

### **COMMUNITY OUTREACH**

*Aneta Ott*

#### **ALL AMERICAN PICNIC**

As in the past to show our support to KSC, FEW will once again support the KSC All American Picnic on Saturday, April 9, 2005, from 10:00 a.m. - 4:00 p.m. We hope to be manning and operating one or two games in the Children's Carnival area and selling tickets for the chili cook-off. Your support is needed! We are in desperate need of volunteers for the children's games. At this point we do not have enough volunteers to man one booth for those games. I realize that many of you are supporting other areas and that is great! But if you are free that day we certainly need your support. Please go on line at <http://kscpicnic.ksc.nasa.gov/>, go to volunteer, and indicate which event that you would be supporting. Then please let me know what you have volunteered for at [Lashal@aol.com](mailto:Lashal@aol.com) so that I may complete our volunteer sheet. Remember if you volunteer for two hours you will receive a T-shirt.

#### **Baxley Manor**

Thanks to all you wonderful people, the Baxley collection of items has been going well. Sandy Getter is doing a wonderful job reminding people and getting the job done. It is a great feeling to help those in need! If you have items for Baxley please contact one of the following, Barb Powell, Becky Fasulo and of course [Cassandra.F.Getter@nasa.gov](mailto:Cassandra.F.Getter@nasa.gov) We make the trip to Baxley on the 3<sup>rd</sup> Friday of the month and that is coming up, so we can sure use your help!

### **FLORIDA HISTORY AND CULTURE**

*Submitted by Vickie Hall*



### **Name Origins of Florida Places**

Florida's cities and counties are named for influential residents, Indian words used to describe the area, and former governors. In the next few issues, I'll include a few of these just to help educate you a little more on Florida's history.

**Cape Canaveral**, Brevard County -- Canaveral is the Spanish word for "a place of reeds or cane."

**Cedar Key**, Levy County -- This island once was covered by an abundant growth of cedar trees.

**Chattahoochee**, Gadsden County -- The name was taken from the well-known river in Georgia. The name is from Muskogee "chato" (rock) and "huchi" (marked).

**Chipley**, Washington County -- Chipley was named in honor of Colonel William D. Chipley, a railroad official.

**Clearwater**, Pinellas County -- The town was first called Clear Water Harbor, because of a spring of water that bubbles up in the Gulf of Mexico close to shore, making the water in the vicinity clear.

**Cross City**, Dixie County -- Two public roads crossed at this point, one coming from Perry to old Archer and the other from Branford to Horseshoe. W. H. Mathis, who decided on the name, wanted the location to be thought of as more than just crossroads.

**Crystal River**, Citrus County -- The correct translation of the name is "weewahiiaca" which is derived from the Seminole-Creek Indians word "wiwa" (water), "haiyayaki" (clear, shining).

My source of information  
<http://dhr.dos.state.fl.us/facts/>

### **PROGRAM COMMITTEE**

*Jean Grenville*

**Note: Saturday, March 19, 2005:** 38<sup>th</sup> Annual Pelican Home Tour sponsored by the Cocoa Beach Women's Club from 10:00 a.m. until 3:00 p.m. Cost is \$10.00. Tickets at Ann Lia Gift Shop, Cocoa Beach; The Daffodil, Banana River Square; and the Strawberry Patch in Cocoa Village. For further information call: 454-6010.

**Tuesday, April 19, 2005:** The ATP 2005 was a great success! ***Continue to challenge yourself in a changing world and join us for our Annual Membership Drive Meeting in April.*** Kimmarie Barrett will present an Overview of Office 2003 at the Cocoa Beach Holiday Inn. Also, the Nominations Committee will present the 2005 - 2006 Slate of Officers. A light snack will be provided.

Please RSVP to Ellie Miller, 853-6444 or Jean Grenville at 453-0226 if you plan to attend. Reservations are required.

**Tuesday, May 17, 2005:** Space Coast Chapter Business Meeting, location TBD. The Nominations Committee will announce the 2005 - 2006 Officers. Planning for upcoming events such as 2005 Installation and Awards Banquet, NTP 2005, and ATP 2006 will be conducted.

### **Chapter Nominations Open**

*Karin Biega*

The time has come for chapter members to get involved with the running of Space Coast Chapter ... it's time to elect - or re-elect our chapter officers and the Nominations Committee. The qualifications to run for President, President-elect, Vice President, Secretary, Treasurer, and Nominations Committee are: (1) be a member in good standing (dues all paid) for the past two consecutive years; and (2) for the position of President - have served at least one year on the chapter board of directors.

The following is a list of some of the duties of the officers:

PRESIDENT: in addition to being the CEO of the chapter, the President

- Presides at all meetings of the organization, the Board of Directors, and the Executive Committee.
- Is an ex officio member of all committees except the Nominations and Elections Committee.
- Appoints Standing Committee Chairs as indicated by these bylaws and Chairs of Special Committees as determined by the Board of Directors.
- Makes a report at the Installation and Awards Banquet meeting in June of the accomplishments of the Chapter for the past year.

PRESIDENT-ELECT:

- Assists the President and in the absence or disability of the President performs the duties of the President. While this office will not be considered a necessary entry position to the presidency, it is hoped that with the experience gained in this position, the member will agree to run for the office of the President.
- In the event of the death or resignation of the President, becomes President for the unexpired term.
- Serves as alternate ex officio member of all committees except Nominations and Elections Committee.
- Coordinates the activities of assigned standing committees as determined by the President.

VICE-PRESIDENT:

- Assists the President and President-elect, and in the absence or disability of both, performs all the duties of the President.
- Coordinates the activities of assigned standing committees as determined by the President.

SECRETARY:

- Records the minutes of all meetings of the membership, the Board of Directors, and the Executive Committee; and submits copies of minutes to the President for approval within 15 days after the meeting.

- Prepares and submits a written quarterly report of Chapter activities for the regional and national offices.
- Coordinates the activities of assigned standing committees as determined by the President.

TREASURER:

- Receives and safely keeps all Chapter funds and disburses such funds in accordance with the budget approved by the Chapter or on order of the Executive Committee.
- Responsible for submitting the regional assessment; the national dues for renewals and new members.
- Works with the finance chair to prepare an annual budget.
- Serves as member ex officio of the finance committee.
- Coordinates the activities of assigned standing committees as determined by the President.

NOMINATIONS & ELECTIONS CHAIR:

- Chairs a committee of three members who are elected by the membership and receive the most votes.
- Establishes and complies with procedures for nominations and elections.
- Announces official results of elections at May membership meeting.

If you are ready to be more involved and help make the decisions that keep the chapter successful, please let me know. You can reach me during the day at 784-2890, in the evenings at 453-3662, or by either of these emails: [kbiega@bellsouth.net](mailto:kbiega@bellsouth.net) or [canprops@bellsouth.net](mailto:canprops@bellsouth.net).

The chapter needs and wants new faces running it and there is a motto you can count on, "WE WILL NOT LET YOU FAIL." Hope to hear from you!

## **SCHOLARSHIP COMMITTEE**

*Betty Valentine*

Don't forget to get those applications in !!!

Each year, the Space Coast Chapter of Federally Employed Women sponsors scholarships for dependents of KSC employees who are either a graduating senior in high school or already enrolled in college as an undergraduate student.

Last year, the Chapter sponsored eight students to help defray the cost of college necessities. Each scholarship ranged from \$500 to \$1,000.

The call is out for this year, and the Chapter is accepting applications until March 25, 2005. The winners will be notified no later than April 30, 2005. You can obtain an application by calling Betty Valentine/UB-I at 861-2016.

For FEW members that are interested in applying for the membership scholarships you must have been a member for the past two years, served as an officer, committee chair, or a member who has actively participated in chapter meetings and/or programs and supports the goals of FEW. Please forward the following information to Betty Valentine/UB-I-3. I will need the information by April 15, 2005.

NAME  
Company/Organization  
Mail Code  
Phone Number  
Area of Studies



## **GOVERNMENT NEWS & LEGISLATION**

*Marie Argana*

### **Pay/Benefits**

Separate resolutions were introduced by Sen. Paul Sarbanes (D-MD) and Rep. Steny Hoyer (D-MD) in the House and Senate to grant equal raises to military and federal civilian employees in 2006. The resolutions are signed by 17 Senators and 10 House members.

The principle of parity stems from the recognition that the pay for civilian and military employees simply has not kept pace with

increases in the private sector. According to the most recent studies, a 32% pay gap exists between the civilian employees and their private sector counterparts and an estimated 4.4% gap exists between the military service members and the private sector.

In his proposed fiscal year 2006 budget, President Bush requested a 3.1% pay raise for military service members and a 2.3% average increase for civilian employees. For the past several years, the White House has battled with Congress over the issue of unequal pay raises for federal workers. However, as a congressional staffer pointed out, the smaller-than-usual difference between the two proposed raises could signal a softening and acceptance by the White House of pay parity.

On another front, Rep. Steny Hoyer (D-MD) reintroduced legislation to increase the government's share of Federal Employee Health Care Benefit Plan (FEHBP) premiums from 72% to 80%. Hoyer was joined in reintroducing the bill by a bipartisan group of 46 members.

Over the past five years, federal employees have seen their health care premiums increase by over 50%, while salary adjustments have been much smaller. As calculated by the Office of Personnel Management, the average employee would save approximately \$509 per year under this legislation.

And lastly, OPM has implemented its Comp Time rule. Due to the large number of questions received, OPM has now released a list of questions and answers based on the rule. Some questions that OPM provides answers for include:

- Are all employees covered by this provision?
- What qualifies as travel for the purpose of this provision?
- Do meal periods count as time in a travel status?
- How compensatory time off is earned and credited?

To read "Questions and Answers on Compensatory Time Off for Travel," go to

### **Personnel**

New personnel rules for the Defense and Homeland Security departments will come under scrutiny by both the legislative and judicial branches in the period ahead. Hearings are upcoming in Congress on the new systems, which each restrict union rights, revamp employee appeal rights and move the agencies toward a pay-for-performance system incorporating pay banding; at a Senate hearing focusing on DHS some members expressed reservations about how fairly unions and individual employees would be treated under the new system, although members stopped short of indicating they might change the underlying law. Meanwhile, federal unions have filed suit against the DoD rules, arguing that DoD failed to follow the requirements for consulting with them. Earlier the unions also had filed suit against the DHS rules, arguing that that department exceeded its authority under the law.

In the absence of any action by either the courts or Congress to block their new personnel programs, both DoD and DHS are moving ahead with a goal of putting in place the new labor relations provisions across each department in the upcoming months. DHS also plans to transition to the new employee appeal rights during that same time, although at DoD, the new appeals rights will be phased in as different groups come under the new job classification and pay system. Both are gearing up training and employee outreach efforts in anticipation of the first phases of their transitions, which at DoD will involve some 60,000 employees around July and at DHS, will involve some 10,000 employees in October.

### **Retirement/Pension**

Rep. Jim Moran (D-VA) introduced a new bill (HR 480) which would change calculations of retirement annuities for certain federal employees who worked part-time in the latter years of their careers. Federal annuities are calculated by multiplying the average of the three highest years of salary, times years of service, by an accrual rate.

This bill would correct a long-standing problem in how annuities are calculated for employees in the old CSRS. The calculation inadvertently shortchanges full-time employees who switch to part-time service during the last years before retiring. Some employees estimate they have lost thousands of dollars each year. Moran stated this part-time provision "has a disproportionate effect on women who are often forced to switch to a part-time work schedule to accommodate raising children."

This rule does not affect employees who began working for the federal government after April 7, 1986. A provision similar to Moran's bill passed the Senate during the previous congressional session, but failed to reach a vote in the House. The Congressional Budget Office estimated in July the move would cost \$162 million.

### **Safety and Health**

The Occupational Safety and Health Administration (OSHA) published a final rule recently that requires federal agencies to adopt worker safety and health recordkeeping and reporting requirements that are essentially identical to the private sector. "These new requirements will improve recordkeeping which will enhance the ability of federal agencies and employees to prevent occupational injuries and illnesses," said OSHA Administrator John Henshaw.

OSHA will launch a comprehensive outreach and compliance assistance effort early in the implementation period to educate and train federal agencies on the new recording requirements.

### **OPM to Centralize Personnel Records**

Federal workers soon will be able to access their personnel records from a centralized online database and managers will be able to make long-term personnel projections using information from electronic personnel folders. Electronic folders would replace agencies' current paper filing systems. The new system is designed to speed up delivery of records, cut the cost of delivering them and allow managers to project future personnel needs electronically. The project is expected to save \$740 million over the next 10 years.



### **ID Cards Cause Concern**

The new ID cards to be issued in October will contain a considerable amount of cardholder's personal data – fingerprints, digital signatures, possibly even pay grades – and create a history of their movements within federal buildings and their activity on government computers. This has some employee groups concerned. Agencies are also bristling at the financial, manpower and legal implications of issuing the new cards under tight deadlines.

The ID cards are intended to tighten security at buildings and on computer networks. The administration plans to issue final technical requirements for the cards next month, but it has just begun crafting guidance for agencies and contractors on how to issue and manage the cards.

### **Hiring Push in Security Jobs**

A recently-released report from the National Academy of Public Administration, the Partnership for Public Service and the New York Times Job Market foresees a huge hiring surge for federal jobs in security and several other fields over the next two years.

The report, "Where the Jobs Are: The Continuing Growth of Federal Job Opportunities," is based on the results of a first-ever study of projected hiring needs across the federal government and predicts the jobs government will need to fill in the next two years. The 76-page guide is designed to be a resource for job seekers, federal government managers, policy makers, educators and career counselors.

According to the study, security is the field in which the federal government will be making the biggest hiring push in the next two years. In that time frame, the government expects to fill 37,515 security and enforcement-related positions, from criminal investigators to police officers to airport screeners.

Next on the government's "most wanted" list of the next two years are jobs in:

- Public health – 25,756 new hires expected

- Engineering/sciences – 23,806 new hires expected
- Program management/administrative – 17,353 new hires expected
- Accounting/budget/business – 12,985 new hires expected

To read the full report, go to [http://www.fpmi.com/lerpress/WHERE THE JOBS ARE.pdf](http://www.fpmi.com/lerpress/WHERE_THE_JOBS_ARE.pdf).

### **New Civil Service Subcommittee Chair:**

Rep. Jon Porter (R-NV) will become the next Chairman of the House Civil Service Subcommittee. The subcommittee deals with an array of issues – including federal employee and retiree benefits, federal pay and agency reorganizations.

The subcommittee's name has also changed to the Subcommittee on the Federal Work Force and Agency Organization.

### **10 Tips For Better Sleep**

*Submitted by Vickie Hall*

Feeling crabby lately? It could be you aren't getting enough sleep. Although the average adult needs seven to nine hours of sleep a night, that number could be hard to come by if you factor in work, taking care of children and managing a household.

Then there are the unexpected challenges that can keep you up at night — financial worries, layoffs, illness or relationship issues.

Compounding the problem is the fact that if you don't get the rest you need, you'll find it even harder to deal with the stresses causing your sleep problems to begin with.

Grumpiness isn't the only result of sleep deprivation. Getting too little sleep impairs memory, reaction time and alertness. Tired people are less productive at work, less patient with others and less interactive in relationships.

Sleep deprivation can also be dangerous. According to the National Highway Traffic Safety Administration, more than 100,000 crashes each

year are due to drivers falling asleep at the wheel.

John Shepard Jr., M.D., of the Sleep Disorders Center at Mayo Clinic, Rochester, Minn., offers these tips to help you achieve restful sleep. You don't have to use every tip on the list.

"What works for one person doesn't always work for another," Dr. Shepard says.

Try one or two of the following tips or a combination until you have enough quality sleep to feel alert and well-rested. If these tips don't work, see your doctor. You could have a sleep disorder, such as obstructive sleep apnea, that requires medical attention.

**1. Stick to a schedule, and don't sleep late on weekends.** If you sleep late on Saturday and Sunday morning, you'll get Sunday night insomnia. Instead, go to bed and get up at about the same time every day. "You don't need to rely on an alarm clock to wake up when you get enough sleep," says Dr. Shepard.

**2. Don't eat or drink a lot before bedtime.** Eat a light dinner about two hours before sleeping. If you drink too much liquid before sleeping, you'll wake up repeatedly in the night for trips to the bathroom. Don't eat spicy or fatty foods. They can cause heartburn, which may interfere with your sleep.

If you get the bedtime munchies, eat something that triggers serotonin, which makes you sleepy. Carbohydrates (bread or cereal) or foods containing the amino acid L-tryptophan (milk, tuna, or turkey) will do the trick.

Don't drink alcohol near bedtime. It may cause you to wake up repeatedly, to snore, and it may exacerbate sleep apnea.

**3. Avoid caffeine and nicotine.** They're addictive stimulants and keep you awake. Smokers often experience withdrawal symptoms at night, and smoking in bed can be dangerous. Caffeine should be avoided for eight hours before your desired bedtime.

**4. Exercise.** If you're trying to sleep better, the best time to exercise is in the afternoon. A

program of regular physical activity enhances the quality of nocturnal sleep.

**5. A slightly cool room is ideal for sleeping.** This mimics your internal temperature drop during sleep, so turn off the heat and save on fuel bills. If you tend to get cold, use blankets. Try sleeping in warmer nightclothes and wear socks.

If you overheat at night, wear light nightclothes and sleep under a single sheet. Use an air conditioner or fan to keep the room cool.

Use a dehumidifier if you're bothered by moist air. Use a humidifier if you're bothered by dry air. Signs and symptoms of dry air irritation include a sore throat, nosebleeds and a dry throat.

**6. Sleep primarily at night.** Daytime naps steal hours from nighttime slumber. Limit daytime sleep to less than one hour, no later than 3 p.m.

If you work nights, keep your window coverings closed so that sunlight, which interferes with the body's internal clock, doesn't interrupt your sleep.

If you have a day job and sleep at night, but you still have trouble waking up, leave the window coverings open and let the sunlight wake you up.

**7. Keep it quiet.** Silence is more conducive to sleep. Turn off the radio and TV. Use earplugs or a fan or some other source of constant, soothing, background noise to mask sounds you can't control, such as a busy street, trains, airplanes or even a snoring partner. Double-pane windows and heavy curtains also muffle outside noise.

**8. Make your bed.** "A good bed is subjective and different for each person. Make sure you have a bed that is comfortable and offers orthopedic comfort," says Dr. Shepard. If you share your bed, make sure there's enough room for two. Children and pets are often disruptive, so you may need to set limits on how often they sleep in your bed with you.

Use your bed only for sleep and sex.



Go to bed when you're tired and turn out the lights. If you don't fall asleep in 30 minutes, get up and do something else. Go back to bed when you're tired.

Don't agonize over falling asleep. The stress will only prevent sleep.

**9. Soak and sack out.** Taking a hot shower or bath before bed helps bring on sleep because they can relax tense muscles.

**10. Don't rely on sleeping pills.** Check with your doctor before using sleeping pills. Doctors generally recommend using sleeping pills for up to four weeks. Make sure the pills won't interact with other medications or with an existing medical condition. If you do take a sleep medication, reduce the dosage gradually when you want to quit.

Use the lowest dosage, and never mix alcohol and sleeping pills.

If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

Article from msn health & fitness - By MayoClinic.com

### **DID YOU KNOW?**

*Submitted by Marie Argana*

Google has implemented a new feature wherein you can type someone's telephone number into the search bar and hit enter and then you can obtain a map to their house. Everyone should be aware of this! Note that you can have your phone number removed or blocked. I tested it by typing my telephone number and my phone number came up. When I clicked on the MapQuest link, it actually mapped out where I live. Think about it--if a child, ANYONE gives out his/her phone number, someone can actually now look it up to find out where he/she lives. The safety issues are obvious, and alarming. In order to test whether your phone number is mapped, go to <http://www.google.com/>. Type your phone number in the search bar, i.e. 555-555-1212, and hit enter. If you want to BLOCK Google from divulging your private information, simply click on the telephone icon next to your

phone number. Removal takes 48-hours. If you are unlisted in the phone book, you might not be in there, but it is a good idea just to check.

### **GREAT QUOTES BY GREAT LADIES**

The hardest years in life are those between ten and seventy. (Helen Hayes, at 73)

Things are going to get a lot worse before they get worse. (Lily Tomlin)

Old age ain't no place for sissies. (Bette Davis)

A man's got to do what a man's got to do. A woman must do what he can't. (Rhonda Hensome)

The phrase "working mother" is redundant. (Jane Sellman)

Every time I close the door on reality, it comes in through the windows. (Jennifer Unlimited)

Whatever women must do they must do twice as well as men to be thought half as good. Luckily, this is not difficult. (Charlotte Whitton)

I try to take one day at a time -- but sometimes several days attack me at once. (Jennifer Unlimited)

When I was young, I was put in a school for retarded kids for two years before they realized I actually had a hearing loss. And they called ME slow! (Kathy Buckley)

I'm not offended by all the dumb blonde jokes because I know I'm not dumb -- and I'm also not blonde. (Dolly Parton)

If high heels were so wonderful, men would still be wearing them. (Sue Grafton)

In politics, if you want anything said, ask a man. If you want anything done, ask a woman. (Margaret Thatcher)

I have yet to hear a man ask for advice on how to combine marriage and a career. (Gloria Steinem)

Nobody can make you feel inferior without your permission. (Eleanor Roosevelt)

## **COCOA VILLAGE PLAYHOUSE**

*Anything Goes*

Apr 23 – May 9

## **SURFSIDE PLAYERS**

*West Side Story*

Mar 4 – Mar 20

*Dial "M" for Murder*

Apr 29 – May 15

### **CALENDAR OF EVENTS**

#### **March**

17	St. Patrick's Day
20	First Day of Spring Palm Sunday
25	Good Friday
27	Easter

## **SPACE COAST CHAPTER NEWSLETTER**

*Muzette Fiander*

This monthly publication is a means of sharing information and ideas. Please send news articles or items of interest for this Newsletter to Muzette Fiander, TA-E1, or e-mail at [Muzette.B.Fiander@nasa.gov](mailto:Muzette.B.Fiander@nasa.gov)

Please feel free to share this Newsletter with your friends. And for anyone interested, a Membership Application is attached as the last page.

**Insight for the Day**

A step in the wrong direction is better than staying on the spot all your life. Once you're moving forward you can correct your course as you go. Your automatic guidance system cannot guide you when you're standing still.

Maxwell Maltz

And then a little humor –

### **Project Manager**

Three men: a project manager, a software engineer, and a hardware engineer are in Miami Beach for a two-week period helping out on a project. About midweek they decide to walk up and down the beach during their lunch hour. Halfway up the beach, they stumbled upon a lamp. As they rub the lamp a genie appears and says "Normally I would grant 3 wishes, but since there are 3 of you, I will grant you each one wish."

The hardware engineer went first. "I would like to spend the rest of my life living in a huge house in St. Thomas, with no money worries and surrounded by beautiful women who worship me." The genie granted him his wish and sent him on off to St. Thomas.

The software engineer went next. "I would like to spend the rest of my life living on a huge yacht cruising the Mediterranean, with no money worries and surrounded by beautiful women who worship me." The genie granted him his wish and sent him off to the Mediterranean.

Last, but not least, it was the project manager's turn. "And what would your wish be?" asked the genie. "I want them both back after lunch" replied the project manager.

### **ADVICE THAT RINGS TRUE**

*Submitted by Marlene Satterthwaite*

An efficiency expert once concluded his lecture with the comment, "Please don't try these techniques at home."

"Why not?" he was asked.

"I used to watch my wife prepare breakfast and wondered why she made so many trips to the table carrying only one item at a time," he replied. "One day I asked her, 'Wouldn't it be quicker and more efficient if you organized yourself to carry several things to the table at once?'"

"Did it work?" he was asked.

"Oh, yes, it worked," the expert replied. "It used to take my wife twenty minutes to prepare breakfast. Now I do it in seven."

Not all advice is readily received. And sometimes it is not heard the way it was intended. But neither should all advice be followed; rather, wisdom learns to separate kernels of truth from weeds.

Some advice worthy of consideration, though, comes from one of the richest people in the United States, offered to 380 high school students in Omaha, Nebraska. Here are five suggestions multi-billionaire Warren Buffett gave his audience:

1. Avoid credit cards. If you are going to make progress, you will not do it by borrowing at 18 to 20 percent interest.

2. Develop integrity, which guides intelligence and energy. Buffett said he looks for these three qualities in hiring people. "If they don't have the first one, integrity, the other two will kill you."

3. Establish good habits, picking people to admire and following their example, while learning to weed out attributes that are not admirable. "If you do that," he admonished, "two or three years from now you'll find out the person you admire most will be yourself."

4. Learn about companies before investing in them; do not rely on someone else's advice.

5. Choose professions for love of the work, not money.

My "Internet" friend, Alan Hillman, who sent this list, adds an excellent comment: "I believe the same advice is true for all of us, even someone like me who is about to enter my sixth decade of life. Seven years ago I decided to do what I loved most - loving people. Since that time my cup has slowly been filled and is now flowing over the brim with love. Simultaneously, while seeking humility and significance, I lost pride and prominence. In the meantime, I became debt-free and have a high six-figure net worth.

"During those seven years I have had several mottoes. Probably the most significant one is: If you are not loving life, you are not living love."

Some advice just rings true. The wise will follow.

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P.S. "Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian." -- Dennis Wholey

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**MEMBERSHIP APPLICATION  
FEDERALLY EMPLOYED WOMEN  
P. O. BOX 75551  
BALTIMORE, MD 21275**

Month/Year joined:  /  Membership ID

LAST NAME:  FIRST NAME:  MI

ADDRESS 1:

ADDRESS 2:

CITY:  STATE  ZIP CODE + 4

OFFICE PHONE:  HOME PHONE:

FAX:  EMAIL:

<b>GRADE (check)</b> <input type="checkbox"/> GS 1-4 <input type="checkbox"/> SES <input type="checkbox"/> GS 5-8 <input type="checkbox"/> WG <input type="checkbox"/> GS 9-12 <input type="checkbox"/> Military <input type="checkbox"/> GS 13-15 <input type="checkbox"/> Other  <input type="checkbox"/> GS 16+	<b>FWP/EEO (check)</b> <input type="checkbox"/> FWP Full-Time <input type="checkbox"/> FWP Part-Time <input type="checkbox"/> EEO <input type="checkbox"/> Other FWP/EEO Not Applicable	<b>DEMOGRAPHICS</b> SEX (M/F): <input type="text"/> RACE: <input type="text"/> YEARS OF SERVICE: <input type="text"/> RETIRED (Y/N) <input type="text"/>
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**ABOUT THE ORGANIZATION**

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about the organization is posted on the FEW web site: <http://www.few.org>.

National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter membership is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues is prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March      \$25.00	<input type="checkbox"/> September      \$12.00	
<input type="checkbox"/> April      \$23.00	<input type="checkbox"/> October      \$10.00	Total for National \$ <input type="text"/>
<input type="checkbox"/> May      \$21.00	<input type="checkbox"/> November      \$ 8.00	
<input type="checkbox"/> June      \$19.00	<input type="checkbox"/> December      \$ 6.00	Total for Chapter \$ <input type="text"/>
<input type="checkbox"/> July      \$17.00	<input type="checkbox"/> January      \$ 4.00	
<input type="checkbox"/> August      \$15.00	<input type="checkbox"/> February      \$ 2.00	Check Amount \$ <input type="text"/>

I wish to join the \_\_\_\_\_ Chapter as a ☐ regular member or ☐ associate member.

I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed)

as a ☐ regular member or ☐ associate member.

Payment (\$250.00) is enclosed for a Lifetime Membership.